

A Prayer for When Your Soul is Downcast

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. - Psalm 43:5

Life these days is like riding a rollercoaster! If you go to any theme park, you will see people who are willing to stand in a very long line for the thrill of riding a very short ride.

When was the last time you visited Six Flags in Agawam near Springfield, MA, or another theme park with your children, grandchildren, spouse, or friends?

However, that one short ride is filled with *incredible twists*, turns, and drops *causing the rider to scream with terror* and thrill at the unexpectedness of each new jerk of that ride.

***The incredible rush of emotions* is probably the main reason people get in line in the first place, and most certainly why so many of them return to that same ride over and over again.**

Every single person I know has been impacted in some way by the coronavirus: Illness, Isolation accompanied by Depression, Anxiety, and Fear. We all are living in a "new normal."

Some have lost jobs, some haven't been able to see their elderly parent buried, and some haven't been able to graduate like "normal."

We are full of worry and stress, and most definitely fear and anger.

Every single day there is conflicting news, and even more difficult decisions to be processed: Mass Shootings, Inflation, Stock Market Down Fall, Soaring gas prices, Cost of living crisis, War in Ukraine, etc.

As we journey through this weird world, we are most certainly going to experience many twists and turns in our well-thought-out plans.

Accidents still happen, sickness still comes, jobs are still being lost and the list could continue forever.

Our human minds and emotions can only handle so many stressful situations before we begin to reach our limits.

Our brains get tired, our souls grow weary.

As the weeks and months continue with life continuing to bear down hard, sometimes we fail to see how heavy the weight of it has become as we have adjusted to this "new normal."

When we look at the words in Psalm 43:5, we see this question: "*Why are you cast down, O my soul, and why are you in turmoil within me?*"

The author who penned these words was journeying through an incredible season of stress.

The Psalmist had been so absorbed in the decision-making, in the stress of living through each new problem that he suddenly realized that he had sunk into a depression and that had no peace in his heart.

The Psalmist seriously asks the question of *why*, even though his circumstances should have been proof enough.

However, as The Psalmist asks himself the question, he immediately turns around and answers the question himself.

He says: "*Hope in God; for I shall again praise God, my salvation and my God.*"

Dear Beloved!

Regardless of our circumstances, regardless of the unknown, we can *always* find hope in God in Jesus Christ. God is at work in every single situation in our lives.

God in Jesus Christ will be right there with us through every single circumstance.

There will come a point when we *will* be able to praise God once again.

God in Jesus Christ has never stopped being our salvation. God has never stopped being our God.

It is so important that when we are feeling discouraged and tired in our roller-coaster life, we remind ourselves again and again that God is with us.